

Spinning

is definitely no ride in the park!

Your will be pushed –
reaching **peak aerobic levels.**

Plus, all that pedaling will
work your **quads, hamstrings,**
glutes, calves, and core.

Tuesdays/Thursdays

5:30 – 6:30

Here's What You're Really Getting Yourself Into When You Walk Into A Spin Class

Hopping on a stationary bike has always been a popular way to get exercise, but over the past few years, it seems like boutique spin studios have been popping up all over the place. Despite their popularity and cult-like like reputations — yep, Spin Birthday Parties *do* exist — plenty of people are intimidated by the idea of stepping foot inside spin studios. Will you be pushed too hard? Will the instructors yell at you? *Will you just pass out?*

Your class will NOT be hours long ...

Trust us, you won't be pumping away at those pedals for 90 excruciating minutes. Infinity's class is 60 minutes! That's not *too* terrifying, right?

There will be music involved. Good music.

If you go in with the right mindset, a spin class can just feel like a giant party — classes are incredibly energetic and full of upbeat music. Chuck has great taste, after all!

You'll get a full body workout.

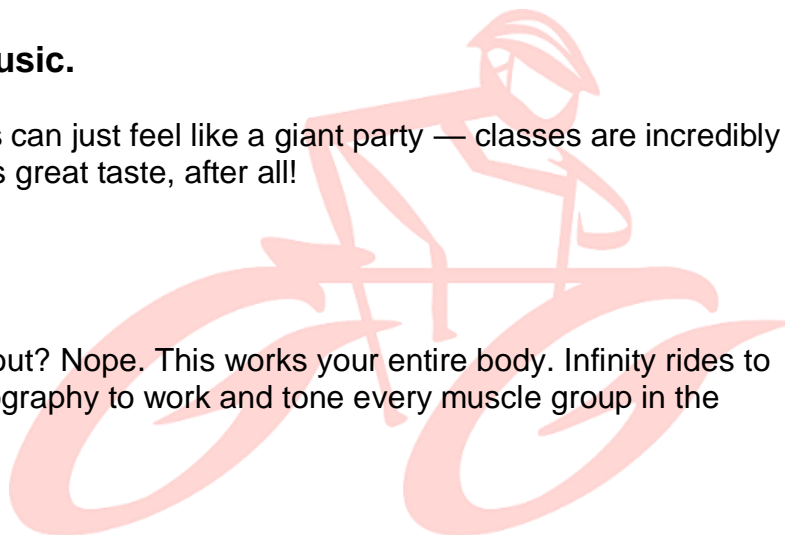
Think spin class is just a really good leg workout? Nope. This works your entire body. Infinity rides to the beat of the music and incorporates choreography to work and tone every muscle group in the body. How amazing is that?

You can go at your own pace.

Although spinning is a group fitness class, your workout is all about you. You'll have a certified Spin Instructor (The AMAZING Chuck!) to provide all the cues for an incredible fat-burning ride, but you control your own resistance levels and sprint speed so you can build up your training level over time.

You'll get some help with setup.

Worried about getting your feet locked into the pedals correctly? Wondering at what level your seat should sit, or where you should place your arms? You're not all on your own with this one. Just make sure you get to class a few minutes early!



The Benefits of a Spinning Workout



Burn Calories

A spinning workout of 45 minutes may allow you to burn around 500 calories, which is a huge amount when compared to other types of workout. However, the amount of calories you burn will depend on the intensity of the workout. Adjust your bike according to the intensity you desire.

Build Muscle Tone

The spinning workout may help you build some muscle tone. The workout will focus on the core muscles, as well as the buttocks and thighs. You can increase and decrease the tension of the bike; this is similar to riding up and down a hill. While you pedal, you will work your thighs and calves. If you maintain the correct position on the bike, you will also work on your abdominal muscles. When you pedal faster, you are likely to burn fat. When you pedal slower and have a higher tension, you will work your muscles.

Increased Cardio Endurance

If you opt for regular spinning classes, you will build increased cardio endurance. This is beneficial, especially if you feel weaker and start panting even after an insignificant effort, such as climbing a flight of stairs.

Low Impact Exercise

A spinning workout is a low impact exercise. This means that it won't put pressure on knees and joints, as other aerobic or running exercises do. The workout is also recommended for people that suffer from arthritis.

Relieve Stress

Any type of exercise is known to relieve stress. However, a spinning class can be a more efficient stress reliever than most types of exercise. This is due to the fact that the workout is intensive and it is a class where you can meet people and socialize.

Spinning classes are held by an instructor that will motivate you throughout the workout. In addition, there will be music, which will make the class more entertaining.

Reduced Risks of Injury

While running and jogging may present a high risk of injury, a spinning class is less likely to cause any injuries. However, it's recommended to stretch prior to the class, so that you don't pull any muscles.

Adjustable Tempo

The stationary bike will have adjustable tensions, which you can change during the class. Your trainer can indicate when to change the tension, or you can adjust it according to your abilities and fitness goals.

Track Your Progress

Most stationary bikes will have some devices which will track the amount of calories you burn, your mileage and even your pulse. This means that you can track your progress, which is also a motivating factor.

Can Be Done Year Round

Unlike other types of activities such as jogging, which can be unpleasant when performed during the months with extreme temperatures, a spinning class can be performed at any time during the year.